

A Healthy Balanced Diet

Week 3

Fruit & Vegetables



Fruit and vegetables are a good source of vitamins, minerals and fibre, and should make up just over a third of the food you eat each day.

It's recommended that you eat at least 5 portions of a variety of fruit and vegetables every day. They can be fresh, frozen, canned, dried or juiced.

There's evidence that people who eat at least 5 portions of fruit and vegetables a day have a lower risk of heart disease, stroke and some cancers

Eating 5 portions

A portion for primary school children is:

- 40-60g of fresh, canned or frozen fruit and vegetables
- 15g to 30g or half to 1 tablespoon of dried fruit – which should be kept to mealtimes
- Just 1 small apple, banana, pear or similar-sized fruit is 1 portion each.
- A slice of pineapple or melon is also 1 portion

Top Tips For Eating More Fruit & Veg

1		"Canned, frozen and dried fruit & veg count too"
2		"I didn't realise potatoes don't count towards your 5 A DAY"
3		"A portion of fruit & veg is about 80 grams"
4		"Buying fresh fruit & veg in season can be cheaper"
5		"I hide chopped veg in spaghetti bolognese sauce"



- Adding a teaspoon of dried fruit to morning cereal is an easy way to get 1 portion.
- You could also swap your mid-morning biscuit for a banana, and add a side salad to your lunch.
- In the evening, have a portion of vegetables with dinner and fresh fruit with yoghurt for dessert to help reach your 5 A Day.

Starchy Foods

Starchy foods should make up just over a third of everything you eat. This means your meals should be based on these foods.

Choose wholegrain or wholemeal varieties of starchy foods, such as brown rice, wholewheat pasta, and brown, wholemeal or higher fibre white bread.

They contain more fibre, and usually more vitamins and minerals, than white varieties.



Including starchy food

Breakfast

Choose wholegrain cereals

- Plain porridge with fruit
- Whole oats with fruit and yoghurt makes a tasty summer breakfast.





Lunch and dinner

- Try a baked potato for lunch – eat the skin for even more fibre
- Instead of having chips or frying potatoes, try making oven-baked potato wedges
- Have more rice or pasta and less sauce – but do not skip the vegetables
- Try breads such as seeded, wholemeal or granary
- Try brown rice and pasta

Milk & Dairy

Milk and dairy foods, such as cheese and yoghurt, are good sources of protein. They also contain calcium, which helps keep your bones healthy.

Choose semi-skimmed, 1% fat or skimmed milk, as well as lower fat hard cheeses or cottage cheese, and lower fat, lower sugar yoghurt.

Dairy alternatives, such as soya drinks, are also included in this food group.

When buying alternatives, choose unsweetened, calcium-fortified versions.



Protein

Beans, pulses, fish, eggs, meat

These foods are all good sources of protein, which is essential for the body to grow and repair itself.

They're also good sources of a range of vitamins and minerals.

Meat is a good source of protein, vitamins and minerals, including iron, zinc and B vitamins. It's also one of the main sources of vitamin B12.

Choose lean cuts of meat and skinless poultry whenever possible to cut down on fat. Always cook meat thoroughly.



Fats & Oils

- A small amount of fat is an essential part of a healthy, balanced diet. Fat is a source of essential fatty acids, which the body cannot make itself.
- Fat helps the body absorb vitamin A, vitamin D and vitamin E. These vitamins are fat-soluble, which means they can only be absorbed with the help of fats.
- Any fat that's not used by your body's cells or turned into energy is converted into body fat. Likewise, unused carbohydrates and proteins are also converted into body fat.
- All types of fat are high in energy.





The main types of fat found in food are:
saturated fats
unsaturated fats

Most fats and oils contain both saturated and unsaturated fats in different proportions.

As part of a healthy diet, you should try to cut down on foods and drinks that are high in saturated fats and trans fats and replace some of them with unsaturated fats.

Eatwell Guide

Check the label on packaged foods:

Each serving contains

Energy 1048kJ 250kcal	Fat 5g	Saturated fat 1.2g	Salt 0.4g	Sugar 0.9g
12.5%	7%	6.3%	8%	15%

of an adult's reference intake
Typical values (as sold) per 100g/100ml/100kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.



Choose unsaturated oils and use in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS

Further Resources

This is a free 8-week email programme that encourages families to eat better and move more, with budget conscious, easy and practical ideas.

www.healthysteps.uk



Thank You